

IMPROVEMENTS IN AND RELATING TO AN EXPANDER TYPE EXERCISE DEVICE

ABSTRACT OF THE DISCLOSURE

5 There is now provided an expander type exercise device for performing physical workout
exercise that can be configured in a simple manner to adjust the resiliency of an elastic strand for
various physical workout exercises, by varying the length of the elastic strand that is disposed
between two handgrips by means of which the elastic strand can be expanded by exerting a force of
pull upon the elastic strand. The abstract of the disclosure is submitted herewith as required by 37 C.F.R.
10 §1.72(b). As stated in 37 C.F.R. §1.72(b): A brief abstract of the technical disclosure in the specification
must commence on a separate sheet, preferably following the claims, under the heading "Abstract of th
Disclosure." The purpose of the abstract is to enable the Patent and Trademark Office and the public
generally to determine quickly from a cursory inspection the nature and gist of the technical disclosure. Th
abstract shall not be used for interpreting the scope of the claims. Therefore, the abstract is not intended to
15 limit the claims in any manner and should not be interpreted as limiting the claims in any manner.